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metroSPORTS

BIG WINNERS Clockwise from top: Emily Batty (women's mountain bike), Raphael Gagne (men's mountain bike), Jennifer Abel (women's 3-metre springboard diving) and the women's rugby team all won gold Sunday in Toronto. THE CANADIAN PRESS

'No one knew he was here'

TERRORISM

Man arrested by RCMP had no ties to city's Muslims: Mayor

A northern B.C. man who has been charged with terrorism offences had no links to the community, says the town's mayor.

Fort St. John Mayor Lori Ackerman said she hasn't spoken with anyone who knows Othman Ayed Hamdan, and doesn't know when he arrived in the city of 21,000 people.

"No one knew he was here because he wasn't part of the community," Ackerman said.

The RCMP announced on Friday that they charged the 33-year-old with three terrorism-related counts. An RCMP news release alleges Hamdan was involved in distributing propaganda connected with the group Islamic State of Iraq and the Levant (ISIL).

The Mounties allege the propaganda posted online included inducement and instructions to commit murder.

No one in the local Muslim community knew Hadman either, said Azhar Phoolwala, spokesman for the Peace River Muslim Association.

"Like anyone else in Fort St. John, it's really a shock to us," he said. "This is all about this individual. It's not about Islam and it's not about the Muslim community here."

THE CANADIAN PRESS

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McDonald's swears toy doesn't curse. **Business**

An aerial shot of the wildfire activity near Puntzi Lake on Saturday. The fires continue to burn, but just under a third of the blaze has been contained, according to officials. COURTESY B.C. WILDFIRE SERVICE

Weather cuts crews a break

WILDFIRES

Officials relax air-quality advisories, but flames still rage

Matt Kieltyka
Metro | Vancouver

All air-quality advisories in British Columbia's south coast have been lifted thanks to Mother Nature lending a hand to crews battling wildfires.

Chief fire information officer Kevin Skrepnek told media on Sunday that while the large Boulder Creek and Elaho fires near Pemberton continue to burn, cool temperatures and scattered showers have helped calm the intense situation.

"Obviously, we've had a fairly significant shift in the weather," said Skrepnek.

"It does appear we get a bit of a temporary reprieve. That's great; it will allow us to make some good progress" — meaning the shift in weather has given crews an opportunity to play catch-up with some of the larger fires in the province.

Meanwhile, authorities say campfire bans remain in place throughout B.C. because, with conditions being dryer than normal, most parts of the province remain at a high or extreme fire risk.

"We need to ensure people aren't getting complacent," said Skrepnek, reminding the public that B.C. has just endured an unprecedented dry spell that has left the province ripe for wildfires. "A few days of rain isn't going to hit the reset button on that."

As of Sunday, there were 251 wildfires actively burning in the province.

Forty-eight new fires, mostly in southeast B.C. and sparked by lightning, were discovered that morning.

That brought the total number of wildfires this year up to 1,065, affecting 279,000 hectares of land and costing the province $103 million in disaster response.

> **It does appear we get a bit of a temporary reprieve. That's great; it will allow us to make some good progress.**
>
> Kevin Skrepnek, chief fire information officer, on the shifting weather's impact on fires in B.C.

Skrepnek said that's twice the number of fires reported by this time last year, affecting more than 10 times the land area.

The flames have taken a human toll, as well.

BC Wildfire Service contractor John Joe Phare, 60, was killed July 5 by a falling tree while fighting the Old Sechelt Mine fire.

On Friday, a firefighting aircraft working on the Puntzi Lake wildfire crashed into the lake, trapping the pilot inside.

The plane was towed to shore, and the pilot escaped without major injury.

That Chilcotin-area fire was considered to be the most critical of any in the province on Sunday, Skrepnek said.

The aggressive, 7,000-hectare blaze triggered an evacuation order and destroyed a resort, two homes, one seasonal home and a number of outbuildings in the area.

During the peak of the heat wave earlier this month, heavy smoke from the Pemberton-area fires triggered air-quality advisories in Metro Vancouver, the Sea-to-Sky corridor, Whistler and the Fraser Valley. At least a dozen people were treated for respiratory issues.

Provincial health officer Dr. Perry Kendall said those advisories have now been lifted but smoky skies advisories are still in effect in parts of the Southern Interior as well as the northeast region of B.C.

More than 2,400 personnel have been deployed in all parts of B.C., and 52 firefighters and specialists are due to arrive from Australia on Monday.

UPDATE

Progress made in Puntzi Lake firefight

There is good news in the ongoing battle to contain an aggressive, 70-square-kilometre blaze raging in the Cariboo Region of central British Columbia.

Crews have managed to contain just under a third of the Puntzi Lake fire, burning about 150 kilometres west of Williams Lake.

The fire more than doubled in size on Saturday, from 30 to 70 square kilometres, thanks to strong winds and an abundance of dry fuel.

Officials have ordered 90 properties in the region to evacuate, while more than 180 remain on evacuation alert. THE CANADIAN PRESS

Crowdsourcing brings pianos back to the streets

ARTS AND CULTURE

After a short delay, piano projects scale up around city

Emily Jackson
Metro | Vancouver

There's a crescendo of music being played across Vancouver as the beloved street piano program picks up steam after a delayed start this year.

As of Sunday, there are seven pianos on the streets: three placed by Keys to the Streets, a program run by post-secondary students at City Studio, and four by Pacey's Pianos and the Piano Teachers Federation.

Both organizations intend to place 10 pianos each — nearly doubling the number of instruments that were free for the public to play last year — but are waiting on the City of Vancouver to issue the remaining permits. (Apparently a number of bureaucrats have to sign off on each location.)

The projects will have a staccato season in 2015 due to permit delays and Keys to the Streets' initial funding challenges, but at least four more pianos are expected by Wednesday.

For Aaron Tilston-Redican, codirector of Keys to the Streets, it's "just amazing and phenomenal" to see the project launch after securing funds from crowdsourcing.

The project received $11,000 from individuals (donations ranged from $5 to $1,000) and the Downtown Vancouver Business Improvement Association donated the balance to cover the estimated $20,000 in moving, tuning and repair costs. Vancouver-based company Basic Design is also repurposing banners from the FIFA Women's World Cup into piano covers.

Ladner brothers Tyler, 8, and Erik, 11, play on the Keys to the Streets public piano on the west side of Canada Place on Sunday.
EMILY JACKSON/METRO

Keys to the Streets has partnered with Music Heals, a charity that will auction off one of the pianos at the season's end, and will continue to raise funds throughout the season in an effort to avoid the delay next year.

> **I'm going to do everything in my power to make that a reality.**
> Piano store owner Sean Pacey, on placing 24 additional pianos around the Lower Mainland

Thus far, the project has pianos at Canada Place, the VanCity on Pender in Chinatown and at the Creekside Community Centre. It also will have a roving piano that will attend events including the Vancouver Folk Music Festival.

Piano store owner Sean Pacey has pianos at the Denman Place Mall, the Jewish Community Centre and at his shop on Broadway just west of Main Street. The fourth will launch Monday at the Queen Elizabeth Theatre. The city gave him positive feedback for proposed locations including Kits Beach and the Burrard Bridge, chosen for the photo ops, but it's taking more time to get official approval because the spots are a bit unusual.

"I'm going to do everything in my power to make that a reality," said Pacey, who plans to place 24 additional pianos around the Lower Mainland.

SAFETY CONCERNS

CP to use Arbutus corridor

The City of Vancouver wasn't inspired to make CP Rail a better offer for the Arbutus corridor after a Friday meeting with the railway to discuss the reactivation of the line that hasn't been used commercially in nearly 15 years.

"We didn't discuss real estate at all," city manager Penny Ballem said Sunday of the conference call, where CP told the city it expects to start storing train cars on the line within three weeks.

Ballem said she requested the meeting to talk safety issues, not last year's failed negotiations that resulted in the destruction of community gardens on the abandoned 11-kilometre stretch between False Creek and the Fraser River. CP wanted to sell it to the city for at least $100 million, but the city refused to pay more than $20 million.

The city is concerned about how CP will get the cars to the track, how it will secure the cars, how much the trains will disrupt traffic and the safety of the crossings, which it fears haven't been upgraded to the level required in 2015, Ballem said.

"Those are our major concerns, quite apart from the fact that we're struggling with whether this is really a good plan for a railway," Ballem said.

CP is working with Transport Canada to ensure its tracks and land meet operating standards, according to a news release.

"The Arbutus corridor is a valuable but under-utilized asset for CP and it is our responsibility to use all our assets safely and efficiently," CP's chief of staff Mike Wallace said in the statement.

CP maintains that it will operate the line safely and warned residents to stay clear of the right-of-way as "train movements can occur at any time of the day or night."

EMILY JACKSON/METRO

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ROBERY RYAN CARR

Kidnapping ruling right: Appeal court

Neal Hall
For Metro | Vancouver

A sentencing judge got it right when he imposed a nine-year sentence on an Abbotsford man who acted as the "muscle" in a Vancouver kidnapping almost four years ago, says a B.C. Court of Appeal decision.

The convicted kidnapper, Robert Ryan Carr, argued on appeal that the sentencing judge erred in failing to recognize his lesser role in the crime and impose a lower sentence than the 10-year prison term received by Thomas Roy Crawford of Kamloops, the leader of the five men involved in the kidnapping group.

$400,000

Sulaiman Safi had been given $400,000 to launder for a criminal group but the plan went awry when police stopped Safi while driving and seized $284,000 of the money. The balance of the money remained with Safi's associates.

Three Appeal Court judges ruled in dismissing Carr's appeal that the trial judge found there was different "moral culpability" between Carr and Crawford "but not substantially different," so a one-year difference in the sentences for kidnapping and extortion was "rationally based."

Seven people were originally charged with the kidnapping of Sulaiman Safi on Oct. 19, 2011 from the Denman Tap House in Vancouver's West End.

Safi had been given $400,000 to launder for a criminal group and the money was supposed to be transferred to the U.S. but the plan went awry when police stopped Safi while driving and seized $284,000 of the money.

The balance of the money remained with Safi's associates. Safi tried to recover the money seized by police but was unsuccessful.

Another co-accused in the kidnapping, Nazfar Mirhadi, who was acquitted at trial, contacted Safi and said her clients didn't believe the money had been seized by police and wanted their money back.

Mirhadi set up a meeting with Safi at the Denman Tap House, where Safi was kidnapped, bound, his face covered and he was driven to a Richmond house, where he was interrogated and held for 24 hours.

The kidnapping trial heard how Carr used gruesome threats of torture to Safi and harm to his family, while Crawford put a Glock pistol to Safi's head and threatened to kill him if he did not come up with a plan to recover the lost money. Safi agreed he would provide some cash and ten kilos of cocaine.

Safi was released in Richmond at the side of a highway after the kidnappers became aware that police had been alerted.

Police had the Richmond house under surveillance and the five kidnappers were arrested, convicted and sent to prison.

The kidnapping victim was later arrested in California and received a six-year sentence after pleading guilty to being involving in a scheme to traffic seven kilograms of cocaine and 20 kilos of ecstasy.

B.C. Premier Christy Clark and her Liberals will return to the legislature this week to debate a proposed LNG development agreement that could pave the way to the largest private investment in the province's history. SEAN KILPATRICK/THE CANADIAN PRESS

Liberals and NDP to debate LNG deal

LEGISLATURE

Minister says it could mean 4,500 jobs, $9B in next 10 years

B.C.'s politicians are returning to the legislature to debate the details of an agreement that could pave the way for the largest private investment in the province's history — a proposed $36-billion liquefied natural gas export plant.

The Pacific NorthWest LNG project planned for Lelu Island near Prince Rupert still requires federal environmental approval, and Malaysian energy giant Petronas has yet to make its final investment decision.

But ratifying the project development agreement in the legislature provides investor certainty, Finance Minister Mike de Jong said.

"We think the stakes are big," he said about the deal he will introduce this week though legislative sessions are not typically held in the summer.

"We are anxious to address the remaining issues that would lead to this particular project moving forward," De Jong said.

He said the potential economic returns from B.C.'s first LNG deal would outweigh targeted-tax tradeoffs included in a 25-year deal that is detailed in a legislative document he will table in the legislature. The project is estimated to create 4,500 construction jobs and could generate $9 billion in government revenues in a decade, de Jong said.

> **We think the stakes are big.**
> Finance Minister Mike de Jong

He said B.C.'s entire forest industry brought in between $550 million and $600 million for the province over the past five years.

The agreement includes assurances that Pacific NorthWest LNG will not face significant increases in specific taxes, including the LNG income tax, the carbon tax and the natural-gas tax credit, de Jong said. It does not protect the company from increases in provincial sales and corporate taxes, he added.

Opposition NDP Leader John Horgan said what he's seen of the agreement looks more like a sellout than a payoff for the province.

"I believe the (project development agreement), as it's constituted, is in the interest of Petronas and not in the interest of B.C.," Horgan said. "A quarter of a century tax holiday for a foreign company, no guarantees for direct jobs, no direct guarantee for local procurement. That strikes me as a failure all around and we're going to be looking very hard at the legislation."

He said the New Democrats' conditions for support on LNG deals include agreement by First Nations, fair returns for the province, jobs for British Columbians and solid environmental controls. THE CANADIAN PRESS

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Emails reveal officer's attempts to rescue cubs

WILDLIFE

Messages show interactions preceding suspension

Thandi Fletcher
Metro | Vancouver

A source with unconfirmed links to the hacker group Anonymous has reportedly released emails that appear to show B.C. conservation officer Bryce Casavant's attempts to rescue two black bear cubs on Vancouver Island.

The heavily redacted email thread, which was reportedly sent Friday morning to several Vancouver media outlets, details communication between Casavant and an unknown person, likely his superior, on July 3 and 5.

Earlier this month, Casavant was suspended from his duties for refusing to kill the two black bear cubs. The cubs were orphaned when their mother was killed after breaking into a meat freezer inside a mobile home in Port Hardy on northern Vancouver Island.

Casavant's efforts have garnered him international attention, with actor and comedian Ricky Gervais even wading into the issue when he tweeted, "Reinstate this honourable man."

More than 130,000 people have signed an online petition calling for Environment Minister Mary Polak to reinstate Casavant.

In the emails released Friday, an unknown person whose name is redacted repeatedly tells Casavant that the bear cubs need to be euthanized immediately as they were "garbage habituated."

Emails from Casavant show him asking about alternative options. "What about the zoo?" he asks in one email.

An unknown person responds "negative."

"I know how hard these scenarios are Bryce, and I appreciate your good intentions but sometimes this is the outcome we need to take," the email reads.

In an email two days later, Casavant is asked for an update on the status of the cubs. He responds that, based on witness statements and the health and age of the cubs, he does not believe the animals have accessed garbage.

Athena and Jordan in their enclosure at the North Island Wildlife Recovery Association in Errington, B.C.
CHAD HIPOLITO/THE CANADIAN PRESS

> **My duties as a law enforcement officer do not include the needless destruction of a baby animal that can be rehabilitated.**
> Bryce Casavant, in an email

"My primary mandate is public safety and the immediate threat has been removed (ie. the sow). My duties as a law enforcement officer do not include the needless destruction of a baby animal that can be rehabilitated," the email reads.

"If a provincial vet would like to do a full health and behavioural assessment for potential euthanization at a later time then that is the call of an informed decision maker who is a qualified veterinarian and will abide by zoology best practices for the destruction of an animal."

Less than two hours later, an email to Casavant informs him that he has been suspended and asks him to arrange transfer of the bears to another conservation officer.

"You do not have the authorization needed to transfer those bears to Rehab center/ Errington," the email reads.

It's unclear if the emails were leaked or obtained by hacking.

In a statement released Friday, the Ministry of Environment said the Office of the Chief Information Officer had investigated the allegations and found no evidence that the government's email system was hacked.

"The system remains secure," the statement reads. "Allegations of this nature are taken very seriously and the protection of our data and networks is a top priority. Although no organization is completely immune, we work on an ongoing basis to ensure the security of government systems."

WITH FILES FROM THE CANADIAN PRESS

IN BRIEF

Business shot at in Surrey

Surrey RCMP say a local business was shot at Sunday morning in what appears to be a random shooting.

Police were called to the 18800 block of Fraser Highway at 2 a.m. to a report of multiple shots fired.

Once on scene, officers confirmed the COBS Bread bakery's window had been damaged by several shots.

Shell casings were also found at the scene.

No one was injured.

An investigation is currently underway, but initial indications suggested that the shooting was a random act, instead of a targeted shooting, according to a statement from RCMP.

Anyone with information is asked to contact Surrey RCMP or Crime Stoppers.

MATT KIELTYKA/METRO

Speed a factor in fatal boating incident: RCMP

RCMP say they believe speed was a factor in a fatal weekend boating incident on Vancouver Island.

Police have pulled the body of a 41-year-old man from Sproat Lake just west of Port Alberni, B.C.

Officers responded on Saturday to reports of an on-the-water incident.

Quick-acting bystanders were able to rescue one man from the water who was also on the vessel when the incident took place.

He was later airlifted to hospital in Victoria.

Police have not released any names and say the investigation is ongoing.

THE CANADIAN PRESS/CKNW

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Man sees bear face fire

WILDFIRES

Loss of habitat should never have happened, says eyewitness

Thandi Fletcher
Metro | Vancouver

A B.C. man has captured a photo that appears to show a bear fleeing a 400-hectare wildfire burning on Vancouver Island's Dog Mountain.

Steve Kendall of Port Alberni said he was boating on Sproat Lake with his father around 8:30 p.m. Wednesday when he spotted the bear.

"It was difficult to watch," Kendall told Metro. "I felt bad for the bear being in front of the wildfire, but ... he went into the bush, and we never saw him again."

Kendall said the bear, which he believes is about four years old, didn't appear to be in any distress. He said the animal may have been looking for food near the edge of the fire.

"That's what they do," he said. "They see a fire, and little animals will come out of the bush, and they run to it."

Steve Kendall of Port Alberni took a photo that seems to show a bear fleeing a wildfire on Dog Mountain. COURTESY STEVE KENDALL

If the animal found itself trapped, Kendall said, it would likely be able to swim away from danger in the lake.

Still, he said it was unfortunate to see the wildfire destroy the bear's natural habitat.

"When it broke out, that thing was only metres wide," he said. "It should not have been an issue. They should have had it out within an hour. It's just ridiculous."

> **It was difficult to watch.**
> Steve Kendall

According to the BC Wildfire Service, the fire, which was discovered last Saturday, is burning as a moderate-intensity ground fire and is surrounded by steep terrain on all sides.

Eighteen cabins at the base of the fire are under an evacuation order, and one uninhabited cabin has been lost. The fire is believed to be human-caused.

CRIME

Coroner identifies man shot dead by Mounties

The 24-year-old man shot and killed by Mounties on Vancouver Island has been identified.

James Butters, also known as James Hayward, died Wednesday morning in Port Hardy. Police have said officers responded to reports of a man with a knife threatening security at a wildfire-fighting staging area. They said police tracked the man down and shot him after a confrontation. THE CANADIAN PRESS

Thieves dump $110K B.C. speed boat in Alberta field

A unique speed boat stolen from a B.C. dealership has been found, high and dry in an Alberta field.

A spokeswoman with Banner Marine and Recreation in Kelowna says the 2015 Campion Biltmore was found Thursday in the community of Beaver Lodge. Amanda Jefferson says no arrests have been made.

She's not certain why the boat, valued at more than $110,000, was dumped but believes widespread coverage of the theft, as well as the boat's unusual shape and markings, may have made the loot too difficult to handle. THE CANADIAN PRESS

IN BRIEF

Fish in danger of being suffocated by the heat

The heat wave across British Columbia has pushed temperatures in some waterways to 19 degrees, just one degree below the point where the Department of Fisheries and Oceans predicts there could be damaging effects on fish.

Warmer waters carry less oxygen. Area resources director Stu Cartwright says important salmon-bearing rivers such as the Fraser, Thompson and Nicola are all affected. THE CANADIAN PRESS

FOUND

Police ask: Do you know where your canoe is?

Missing a canoe? Mounties in North Vancouver might have it.

Officers are asking all boat owners to confirm their canoe is where they left it after police came into possession of an abandoned canoe on July 4.

"The canoe is identifiable and in good condition," Cpl. Richard De Jong of North Vancouver RCMP said in a statement.

"The owner of this abandoned canoe will be both shocked and disappointed the next time he or she goes to use it, only to find it is not where it should be."

THANDI FLETCHER/METRO

CONTACT

Anyone who can positively identify the canoe is asked to call North Vancouver RCMP at 604-985-1311.

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When Dan Vroon established Craftworks Taphouse and Bistro in Seoul, South Korea, he aimed to appeal to ex-pats and locals interested in craft brews. The next thing he knew, he was promoting a whole new industry. THE CANADIAN PRESS

B.C. brew breaks in

INTERNATIONAL BUSINESS

Abbotsford man brings craft beer to South Korea

Dan Vroon says he didn't set out to transform the South Korean beer industry, but the Abbotsford native's attempt to bring craft beer to the masses has kick-started a revolution in a market long dominated by a duopoly.

Vroon's Craftworks Taphouse and Bistro in Seoul was one of the first in a new wave of craft breweries that have renewed interest in craft beer in the country.

Vroon said before he entered the business in 2010, imports of North American brews from the Boston Beer Company and Edmonton's Alley Cat Brewing Company were the only way for South Korea's large ex-pat community to get a taste of home.

He set out to build a craft brewery to serve that crowd, as well as locals looking for something other than the rice-based, low-alcohol lagers from Hite Brewery Company and Oriental Brewing that dominate South Korean taps.

"They were missing the market entirely," he said.

Vroon said he ran up against the thicket of regulation that had stopped the flow of beer from other craft breweries.

Vroon pushed back against rules that required breweries have more than one million litres of capacity before selling to wholesalers — rules that shut the door on smaller operations.

He said he also pushed for transparency on taxation after the first brewery he worked with was nearly bankrupted by an unexpected tax bill more than 10 times what authorities predicted.

He said he did his best to work within rules that prevented or made prohibitively expensive the importing of the yeast and hops necessary to make a top-quality brew.

"The brewing laws were written in the 1950s," he said. "Nobody was around who understood them."

Vroon found the South Korean government receptive to new ideas that could promote local business.

In 2011, the government reduced the distributing requirement from one million litres of capacity to 120,000 litres, one of the first in a series of reforms that Vroon said has reinvigorated the craft beer market.

And as more breweries come online, he said, there are more voices pressuring the government for reform.

"They haven't given us everything, but they've definitely freed up the brewers to distribute their beer, cut some of the taxation and gave rebates for the smaller guys," Vroon said. "Now, the craft beer scene is booming."

Some of the beers Craftworks offers: the Jirisan Moon Bear India Pale Ale, the Seorak Oatmeal Stout and Baekdusan unfiltered wheat beer.

Vroon's work in developing a craft-brew palate among South Koreans has inspired others to bring in Canadian beer to meet the rising demand.

Brock Rodgers, co-founder of the Mission Springs Brewery in Mission, now exports around 40 per cent of his production of hops-heavy, full-flavoured beers to South Korea after beginning shipments in 2013.

"At that time, Dan (Vroon) was the only guy in town that was doing anything craft and doing it well," he said.

Rodgers said that even with significant import taxes on his products that send the price well above domestic competition, his business is doing well because they are viewed as a premium product.

THE CANADIAN PRESS

ECONOMY

Tories bust out wallets before election

All but overlooked in the past week of troubling economic news was federal Finance Minister Joe Oliver's unexpected nod to government stimulus spending.

The run-up to an October general election is happening amid talk of recession, international downgrades of Canada's growth prospects, weak world oil prices and several grim provincial outlooks — stormy seas for an incumbent Conservative government seeking a fourth mandate after staking its reputation on sound economic management.

A Conservative re-election plan hatched in sunnier days when a return to balanced budgets could co-exist with voter-friendly spending is being repurposed as a recession-fighting necessity.

$10B

Joe Oliver says new measures will inject nearly $10 billion into the economy.

"Some of the measures which the prime minister announced and which I announced in the budget will inject almost $10 billion in cash into the economy this year," Oliver told reporters in Vancouver last Tuesday.

Parents with children under 18 will start receiving new benefit cheques — retroactive to Jan. 1 — on July 20 in a one-time, pre-election burst of cash totalling more than $2.5 billion.

Conservative ministers and MPs are also announcing new community infrastructure projects almost daily this summer from a variety of funds — some of which have lain fallow awaiting the optimal pre-election moment. Oliver's office says the government added more than $1.6 billion to existing projects.

THE CANADIAN PRESS

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Greece aims to make deal and avoid financial crash

EUROZONE

But creditors insist on tough austerity measures

Greece moved closer on Sunday to a desperately needed deal with European creditors that would stave off immediate financial collapse and the country's potential exit from the euro but impose more hardship on its people.

Facing a self-imposed Sunday deadline, the eurozone's top official, Jeroen Dijsselbloem, said the sides have "come a long way" after two days of talks among finance ministers, but that the final effort on "some big issues" would be handled by eurozone leaders in a summit that was expected to go into the night.

Underscoring the optimism despite the often fundamental differences among the leaders, Italian Prime Minister Matteo Renzi said, "We are very close."

The broad outline of a deal appeared to consist of a long series of commitments from Greek Prime Minister Alexis Tsipras to push through much of a drastic austerity program within days, while the 18 other eurozone leaders would commit to start talks on a new bailout program.

In a four-page draft proposal put to eurozone leaders and obtained by The Associated Press, language up for discussion spoke of a potential "time out from the euro area" for Greece if no agreement could be found.

It highlighted the increasing frustration with Greece during five months of fruitless talks. On Sunday, doubts on the Greek government's commitment to implement tough measures continued.

"The most important currency has been lost: That is trust and reliability," said German Chancellor Angela Merkel, reflecting on five months of tortuous negotiations with Athens.

In the draft document, Greece committed itself to pushing a first set of measures through parliament by Wednesday. Despite the stinging conditions on pension, market and privatization reforms, Tsipras insisted his government was ready to clinch a deal. "We owe that to the peoples of Europe who want Europe united and not divided," he said. "We can reach an agreement tonight if all parties want it."

Greece has asked Europe's bailout fund for a 53.5 billion-euro, three-year financial package but many officials in Brussels say the figure will have to be much higher and insist on tough Greek austerity measures. This would be Greece's third bailout in five years.

THE ASSOCIATED PRESS

BACKGROUND

Greece's economy is in free fall, and the country faces big debt repayments in the coming weeks. Greek banks have been shuttered for the better part of two weeks, and daily withdrawals from ATMs have been limited to a paltry 60 euros.

German Chancellor Angela Merkel, left, speaks with French President Francois Hollande, centre, and Greek Prime Minister Alexis Tsipras during a meeting at the EU Council building in Brussels on Sunday. THE ASSOCIATED PRESS

MEXICO

Drug lord on the lam

Mexico mounted an all-out manhunt Sunday for its most powerful drug lord, Joaquin (El Chapo) Guzman, who escaped from a maximum security prison through a 1.5-kilometre tunnel from a small opening in the shower area of his cell, according to the country's top security official.

The elaborate underground escape route, built allegedly without the detection of authorities, allowed Guzman to do what Mexican officials promised would never happen after his re-capture last year — slip out of one of the country's most secure penitentiaries for the second time.

If Guzman is not captured immediately, the drug lord will likely be back in full command and control of the Sinaloa cartel in 48 hours, said Michael S. Vigil, a retired U.S. Drug Enforcement Administration chief of international operations.

"We may never find him again," he said. "All the accolades that Mexico has received in their counterdrug efforts will be erased by this one event."

Eighteen employees from various part of the Altiplano prison, 90 kilometres west of Mexico City, have been taken in for questioning, Security Commissioner Monte Alejandro Rubido said in a news conference without answering questions.

A manhunt began immediately late Saturday for the head of the powerful Sinaloa Cartel, which has an international reach and is believed to control most of the major crossing points for drugs at the U.S. border with Mexico.

Guatemala's Interior Ministry said a special task force of police and soldiers were watching the border with Mexico for any sign of the fugitive drug lord.

"The U.S. government stands ready to work with our Mexican partners to provide any assistance that may help support his swift recapture," U.S. Attorney General Loretta Lynch said in a statement.

Associated Press journalists near Altiplano saw the roads were being heavily patrolled by federal police with numerous checkpoints and a Blackhawk helicopter flying overhead. Flights were also suspended at Toluca airport near the penitentiary in the State of Mexico, and civil aviation hangars were being searched.

Guzman's escape is a major embarrassment to the administration of President Enrique Pena Nieto, which had received plaudits for its aggressive approach to top drug lords.

THE ASSOCIATED PRESS

ISRAEL

Suspects in arson attack on Holy Land church arrested

Israeli police have arrested a number of suspects in last month's arson attack on a famous Catholic church in the Holy Land, police spokesman Micky Rosenfeld said Sunday.

The fire is believed to be an attack by Jewish extremists, but Rosenfeld would not elaborate on the identity of those arrested.

The June 18 fire at the Church of the Multiplication of the Loaves and Fish caused extensive damage to the inside and outside of the building, including damage to the roof and prayer books.

The modern building is built on the remains of a fifth-century Byzantine church and features a Byzantine mosaic floor that was not harmed. The church marks the traditional spot of Jesus' miracle of the loaves and fish, and is located on the shore of the Sea of Galilee in northern Israel. It is one of the most popular stops for Christian pilgrims visiting the Holy Land.

The attack was condemned across the Israeli political spectrum and Prime Minister Benjamin Netanyahu ordered the head of Israel's Shin Bet internal security agency to "to conduct a full and speedy investigation."

Rosenfeld said the arrests were made following a joint effort with the Shin Bet.

THE ASSOCIATED PRESS

IN BRIEF

Scottish woman dies in hospital after spending three days in crashed car

A 25-year-old Scottish woman — who lay injured in her crashed car for three days because police failed to respond to an accident report — has died. Lamara Bell's family says she died in a Glasgow hospital Sunday, a week after the accident. She was found Wednesday beside her dead boyfriend John Yuill in a car that had slid down an embankment near Stirling in central Scotland.

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House prices continue to soar in Vancouver to $1.87 million average price...Who Cares?

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- You don't even need to travel to the US – but you may want to spend some time in the sun visiting your money-making properties!

And if you have ever wanted to explore Real Estate Investing but you were concerned by the soaring house prices in Vancouver, you're going to love this FREE training. This Mystery Multi-Millionaire's system lets you get profit-generating properties – in major US tourist areas – for less than 5% down!

This event deserves your attention, and here are just a few more reasons why you need to come to this event:

- Many parts of the US have not fully recovered from their recession, it is time to seize those opportunities now!
- Sometimes it isn't what you know, it's who you know – and when you know this Multi-Millionaire you'll also have access to his network of people and funds that can help you succeed in real estate.
- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
- His strategies are for everyone, even if you have absolutely no experience in buying or selling properties.

He has already shown hundreds of people just like you the ways to invest successfully in real estate and his students' success just makes his success even greater. He's breaking his back to share his system with Canadians just like you because it works – and it can work for you.

This will be the best 2 hours of your life, but you have to register to get your seat at this event. Let this Multi-Millionaire give you his step-by-step system for real estate success. Claim your seat now and get a bonus gift, your **Million Dollar Investor Tool Kit for FREE! (A $187.00 value).**

You're asking – who is this Multi- Millionaire, and why does he want to help me? He can tell you himself...

If you're working hard these days without enough to show for it, I understand. I used to work hard myself – the 18-hour days – the 7-day weeks. I was a struggling musician – a concert pianist – trying to provide for my 4 kids in Montreal. I got married at 18 and had those 4 kids by the time I was 23, and I wound up a stay-at-home dad (not by choice!). But I never made real money until I discovered the secrets of investing successfully in US real estate – and then I was able to work a lot less.

Once my friends saw how well I was doing, they all wanted to get involved. It's funny – for 6 long struggling years, I had no friends, I was the crazy "black sheep" of the family who always needed to get a REAL job, and suddenly, they were all asking ME for advice!

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— Steeve R., Montreal, QC

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Sea-to-sea expansion

RETAIL

Quebec-based fashion chain Simons targets western Canada

One of Canada's oldest family-owned retailers is hoping to defy industry woes by launching an expansion that could extend the Simons brand across Canada.

The 175-year-old company based in Quebec City will open its ninth Quebec store in Gatineau next month before entering the British Columbia and Ontario markets and expanding its presence in Alberta.

The fashion retailer is spending up to $200 million over the next four years to open eight stores. It says the move is intended to boost its annual sales base of more than $350 million.

An outlet will open this fall in West Vancouver, followed by openings next year in Mississauga, Ont., and Ottawa. A second Edmonton store and a new one in Calgary will be added in 2017, and two more stores are expected to open in the Toronto suburb of Scarborough in 2018 and at the Yorkdale Shopping Centre in 2019.

Simons CEO Peter Simons poses in the fashion retailer's Quebec City store. Simons is one of Canada's oldest family-owned retailers, and the family hopes to defy industry woes by launching an expansion that could extend the store's brand across Canada. JACQUES BOISSINOT/THE CANADIAN PRESS

Atlantic Canada, the Prairies or Winnipeg could join the list as more stores are added to reach a maximum of 25 to 30 stores, says CEO Peter Simons.

But Simons says he doesn't feel any pressure to make hasty moves.

"You don't think in next-quarter increments when you're a private company of five generations," he said from Quebec City. "You think in 25-year increments."

Missing from the Simons national expansion plans is downtown Toronto, one of Canada's toughest retail markets. Simons made a pitch to enter the Eaton Centre but that didn't materialize. Meanwhile, U.S. retailer Nordstrom will open next year at the old Sears location in the Eaton Centre.

Retail analyst Randy Harris of Trendex believes Simons' gradual expansion will make it a "national powerhouse" in the Canadian apparel market.

"A lot of retailers, while they're worrying about Nordstrom and Saks, have got to be equally worried about Simons," Harris said.

He said Simons' mid-market pricing and strong private label offering will resonate with shoppers looking for something new. In addition to clothes, Simons sells some home goods and is introducing shoes and a new restaurant concept called Eve. But unlike department stores, it doesn't sell cosmetics or "hard goods" like appliances.

Simons says he and his brother are keenly aware of the risks — particularly in trying to build upon its success in Quebec and spread it to English Canada while juggling the logistics of operating across the country.

As a relatively unknown brand outside Quebec, Simons said he knows the first challenge will be marketing — specifically, to develop a relationship with shoppers so they keep returning after the initial rush wears off.

"There's still going to be this almost primordial desire for human contact, a quality human contact," he said. "I'm not trying to win their minds or their wallets. I'd like to win their hearts."

THE CANADIAN PRESS

VIDEO GAMES

Nintendo president dead at 55

Satoru Iwata, who led Japanese video game company Nintendo Co. through years of growth, died July 11 of a bile duct tumour, the company said Monday. He was 55.

Iwata, president from 2002, had not been seen recently at game events.

Iwata led Nintendo's development into a global company, with its hit Wii home console and DS handheld, and also through its recent woes caused by the popularity of smartphones.

Iwata was a respected and popular figure, partly because he was more approachable than executives at other Japanese companies. His replacement was not immediately announced.

THE ASSOCIATED PRESS

Satoru Iwata in 2009
DAVID MCNEW/GETTY IMAGES FILE

metro VIEWS
Your essential daily news
Monday, July 13, 2015

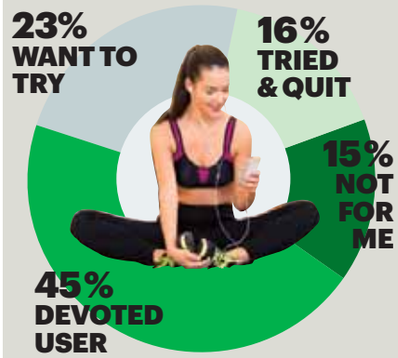
THE BIG POLL: Fitness fails

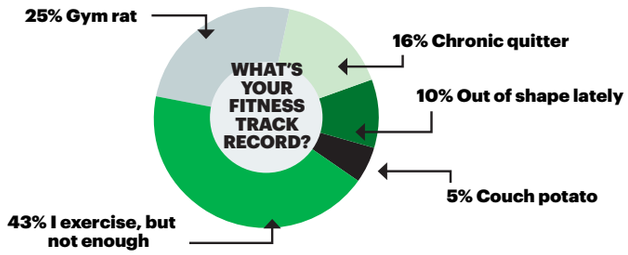
From skimpy summer clothes to Pan Am bodies, many of us have fitness on the brain. Wearable devices can help track your progress — if you use them. Recent research shows only half the people who sign up for the activity tracker Fitbit stick with it. A third quit within six months. We asked our online readers if they've ever flaked out on their fitness goals. THE ASSOCIATED PRESS

POLL: What would get you to stick to a fitness routine?

- 50% I have a routine
- 27% More hours in the day
- 7% Looking at super-fit people
- 7% A big financial reward
- 5% Doctor's orders
- 4% Nothing

POLL Have you ever used a fitness app or wearable device?




WHAT'S YOUR FITNESS TRACK RECORD?
25% Gym rat
16% Chronic quitter
10% Out of shape lately
5% Couch potato
43% I exercise, but not enough

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What businesses can do if they can't pay $20/hr

CITY HOLLER
Trish Kelly

There's some fine print on Vancouver city council's recent decision to become a Living Wage Employer, and as is often the case, the details are important. While many in attendance at city hall the day the motion passed claimed it's mostly a symbolic gesture that won't change wages for most of the city's workforce, I'd say that's underselling the initiative's value.

To become a Living Wage Employer, the entire workforce must be paid at least $20.68 an hour.

That number is based on annual research on the cost of living in Vancouver for a family of four, with both parents working full time.

It's true that because the majority of the city's 6,000-plus workforce is unionized, most already make above the living wage threshold for Vancouver. But if the city becomes certified as a Living Wage Employer, its contractors will also have to pay a living wage to employees providing city services.

The city contracts out some services, such as cleaning. For workers of contracted companies, this might be the first time they make a living wage.

A quick search for custodial jobs on Indeed.com today shows openings with advertised hourly rates from $11.50 to $16, all below a living wage.

Advocates are right.

The most significant value of the city's effort is symbolic. But it's a powerful symbol.

Every employer who signs on to the living wage becomes further proof it's possible to pay employees what they need to make ends meet.

If Canada had $10 per day child care, Vancouver families could shave almost $1,000 from their monthly bills.

Vancouver City Savings Credit Union became Canada's largest living wage employer in 2011. Representatives from Vancity were at city council to share their experience and offer help as the city creates their operational plan.

Of course, some businesses will be anxious, especially those who bid to supply city contracts.

If members of the business community want to do right by their employees, but can't bear the cost of paying this higher wage, I have a suggestion.

The calculation of the living wage required in Vancouver includes a budget for modest housing costs, groceries, transportation, and a conservative $1,324 per month for child care.

If Canada had a national $10 per day child care program, families in Vancouver could shave almost $1,000 from their monthly bills, and the living wage could be reduced by nearly three dollars an hour.

Businesses, as drivers of our economy, could use their voices. They could choose to stand up during the upcoming federal election and demand an affordable national child care program for the sake of their employees and their own bottom lines.

Initiatives like the living wage are valuable, but we need a national child care program.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD

metroview

Maybe we should plan a little less and say yes a little more

It shouldn't be so hard to have fun.

On a recent afternoon, I was throwing out texts like confetti, looking for friends to come out and play.

Few could be found.

Some had plans. Most just didn't feel like it.

Who doesn't feel like fun? The 30-somethings, that's who. We're too tired, too busy or too lazy for impromptu fun — the hallmark of youth. We're not the new 20. We're way too uptight for that.

We (OK, I'm 29) have a lot on the go. We pack our lives as tight as carry-on luggage, and curate our playtime like our wardrobe, pairing these people with those, never mixing those with them. Worse, we have an outsized sense of personal time — a euphemism for selfishness.

We're not up for anything, we're up for exactly what we feel like doing at exactly this minute.

Want to make plans? Let's play it by ear! Should we meet up? I'll see how I feel!

"This shouldn't be so hard," I complained to one friend, who agreed.

"Where's my crew?" I asked. She shook her head. Planning a party, she noted, is truly harder than herding cats. Some people promise to "stop by for a bit" before another event (they never show). Others "aren't sure if they can make it" — code words for not wanting to commit.

We're not innocent, my friend and I agreed. We both cancel coffee dates on a whim. The other weekend I texted a friend that we'll "keep in touch about Sunday," and we didn't talk again for a whole week.

"The more the merrier" isn't a phrase we use often. We'll see one friend for a movie, another for a coffee, another for a yoga class. God forbid we should invite anyone else. We haven't seen this person in weeks (so busy!) — We need to catch up!

When I lived in the U.K., I had a true crew. We did everything together. Everyone was invited. There were no friend schedules. Fun was not work. Every Christmas Eve we'd sit around someone's table, with goose- or turkey-piled plates and Prosecco-topped glasses.

I imagined I'd own a house one day, and the door would always be open. People would pop by unexpectedly and stay for coffee. If anyone dropped by my apartment these days, I'd drop dead of shock.

If I have to work harder to find a friend than a source for a story, something is wrong. Maybe we should get over ourselves just a little bit, plan a little less, and say yes a little more. Either that, or admit it: We're too old to let the good times roll.

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$1M reward offered for ruby red slippers from Wizard of Oz, stolen from museum in 2005

A burnout and a has-been

BATMAN V SUPERMAN

New trailer out at Comic-Con shows clash of fallen heroes

All is not well for Superman, audiences at Comic-Con found out on Saturday during a jam-packed and revealing Warner Bros. presentation. The studio also debuted a first look at the comic-book movie Suicide Squad at the annual convention.

Batman v Superman: Dawn of Justice was the main event that fans had camped out for days to see. Stars Ben Affleck, Henry Cavill, Gal Gadot and Jesse Eisenberg were on hand to talk about the superhero showdown — a step up from last year's Comic-Con when none of the stars was allowed to talk.

In the first full trailer for the film, out on March 25, 2016, we see a society that has turned against the godlike Superman (Cavill) following a massive disaster. While Holly Hunter's steadfast senator schemes with Eisenberg's Lex Luthor to protect the public from the dangerous Superman, Affleck's Batman decides to take matters into his own hands.

> **I think if I thought too hard about the actors who played this part before, I couldn't have taken the job.**
>
> Ben Affleck on playing Batman

"The idea of Batman fighting Superman is a thing that happens all the time in comic books," said Zack Snyder, who also directed Man of Steel. He likes to pay homage to Frank Miller's The Dark Knight but wanted to make clear that this story is not that story.

Oscar-winning screenwriter Chris Terrio (Argo) wrote the script.

Snyder said the story will also launch toward bigger conflicts with other superheroes.

"Who knows?" he said coyly. "I mean, I do know."

While audiences have met Cavill's Superman before, this is their first real introduction to Affleck's Batman.

"I think if I thought too hard about the actors who played this part before, I couldn't have taken the job," said Affleck. But Snyder explained to him that this Batman would be different. He told Affleck that Bruce Wayne here is at "the end of his rope, he's older, he's a burnout."

As the villain Lex Luthor, Eisenberg said that there's "always a campy element to the character."

But unlike in previous versions, this Lex Luthor has an "emotional groundedness." He also has hair.

Gadot, who plays Wonder Woman in this film and in an upcoming standalone, said her character has the "strength of a superhero" but is "very sophisticated, loving and has a lot of emotional intelligence."

Warner Bros. also showed the first footage from Suicide Squad, another DC Comic about a group of imprisoned supervillains recruited by a government organization to perform black ops for their freedom.

The film, directed by David Ayer, stars Will Smith as Deadshot, Margot Robbie as Harley Quinn, and Jared Leto as The Joker.

The first trailer shows the origins of the gritty, punk rock group of villains turned heroes.

"So that's it, we're the patsies. We're some kind of suicide squad," Smith's Deadshot says in the trailer. "So let's save the world."

Leto's snivelling Joker, who sounds strikingly similar to Heath Ledger's version, closed the trailer with an ominous threat.

"No, I'm not gonna kill you. I'm just gonna hurt you, really, really bad," he says.

Ayer, who is in the middle of shooting the movie in Toronto, made it a priority to fly to the convention with his cast.

He brought out Smith, Robbie, Viola Davis and others to say hello and quickly exit the stage. Smith said they'll be back next year for the film, which comes out on Aug. 5, 2016. THE ASSOCIATED PRESS

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Office loafers can be a drag, but sometimes it's best to turn a blind eye and let your boss deal with their negligence. ISTOCK

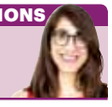
Rising above your slacking co-worker

PRODUCTIVITY

Don't let a lazy colleague get you down in the dumps

OFFICE RELATIONS

Eleni Deacon



You scarf down lunch at your desk, Alex takes a 90-minute stroll. You spend all day answering emails, Alex catches up on Facebook. And when 5 p.m. hits, he's out the door — while you're stuck wrapping up loose ends until dinnertime.

Loafer co-workers can be a persistent drag. Not only can they seem oblivious to the volume of work they should actually be tackling, it's often their peers who must make up for their slacking. When faced with a colleague who won't carry their weight, don't seethe — seek relief.

Start by evaluating the sloth's impact on your workload and output. Is their laissez-faire approach actually hindering your performance or is it merely irritating to watch them chill out while you stress out? In the latter case, the problem isn't so much about their work ethic as your reaction to it. Rather than resenting them, try to ignore them.

Constantly covering their tracks? There's an out: Stop. By picking up where their laziness leaves off, you enable their apathy. Provided you won't get blamed in the process, consider turning a blind eye next time they might miss a deadline. Better your boss notices their negligence — and takes action — than prolonging an unfair cycle in which you spend hours compensating for someone else's hour-long breaks.

> **When faced with a colleague who won't carry their weight, don't seethe — seek relief.**
> Eleni Deacon

When a conversation becomes necessary, talk directly to your co-worker before raising your complaints with the highers-up. Avoid being accusatory; your concerns will have more oomph if you lead with curiosity. Ask about their work style and whether there's a reason they've fallen behind.

What you take for lethargy could just be a different way of doing things. Their pace might be slow because they pay meticulous attention to detail, or they may be confused about a project's requirements. Try to understand each other's perspective and establish a concrete division of work.

If you're still sweating while they're vegging, it's time to bring in your boss. Again, put your emphasis on examples rather than gripes. Point to specific ways in which your colleague's carelessness has affected your output, keeping the discussion centred closely on work rather than personal grievances. Although it's fair to address how a co-worker's disinterest has affected your ability to do your job, it's best not to seem like a tattler. Don't vent frustrated feelings — focus on facts.

Some slugs will never perk up. And while their inertia can be infuriating, it can also be time-wasting. Try not to obsess over how little progress someone else is making on their daily tasks. Instead, concentrate on how far you can go in your career.

The stuck stops here

TIPS FOR SUCCESS

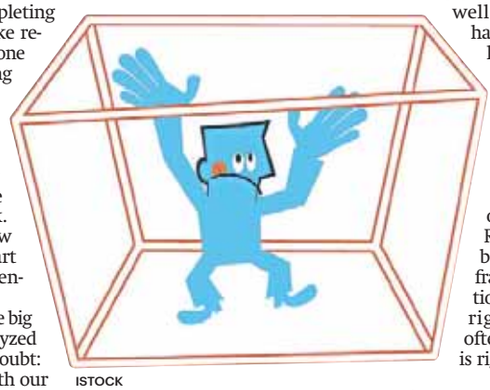
Feeling stuck? Here's how to get out of any sticky situation

Everyone gets stuck. Sometimes we get tripped up completing the simplest tasks — like retrieving a file from someone else's computer or picking what to eat for lunch. Sometimes we run into a mental block when working on a creative project or assignment — like, um, an article about getting unstuck. (Seriously, do you know how long it took to start writing those two sentences?)

And other times it's the big stuff that leaves us paralyzed with indecision or self-doubt: What we want to do with our lives, where we want to live, whether — or when — we want to start a family.

Prof. Bernard Roth, co-founder of the Hasso Plattner Institute of Design at Stanford, teaches an entire class on getting stuff done. His students have to come up with and complete one big task per term — anything from building a rocket to completing a triathlon. And his new book, The Achievement Habit: Stop Wishing, Start Doing, and Take Command of Your Life, applies the insights gleaned from 40 years of teaching people how to achieve their goals.

We asked Roth for some suggestions on how to get started already.



ISTOCK

Reframe your problem

The reason why so many people get stuck? Because, Roth says, they're often asking the wrong question, or identifying the wrong thing as the problem.

"For example, the other day I rented a car, and I couldn't find where the release was for the gas tank cap," he explains. "I spent about 20 minutes trying to find the release button before I saw a similar car getting gas. I went over, and I said, 'Where did you get the release?' He said, 'There is no release — just open the cap.'"

So if Roth had asked himself "How do I get the cap open?" instead of "How do I find the release button?" — well, he wouldn't have had a problem at all.

This works for not only the most mundane everyday tasks, but the monumental ones too. Says Roth: "If people back off and reframe their question and find the right problem, often the answer is right there."

Draw it out

In his book, Roth includes 22 exercises that can help readers conquer a mental block, and a lot of them include visuals — from storyboards to mind maps to all sorts of diagrams. Roth says visuals unleash creative thinking. "Pictures just encapsulate so much more information and nuance. They're more evocative."

RAQUEL LANERI/METRO IN NEW YORK

No purchase necessary. Contest open 12:01 am on July 8, 2015 to 11:59pm on July 16, 2015 to legal residents of Calgary, Toronto, Edmonton, Vancouver, Winnipeg, Ottawa and Halifax (ex QB) of age of majority in their province of residence at time of entry. Prizes available 20 double passes to the advance screening of SOUTHPAW per market. ARV $25.00 a pair CDN. Odds depend on number of eligible entries received. Internet, email address, and math skill testing question required. Rules and entry **www.clubmetro.com**

SUMMER ACTIVITIES

Picnic like a pro

If you've got your heart set on a picnic for this summer, we've got you covered — here are some top tips on getting the most out of your picnic:

USE A BUILT-IN FREEZER
Sure frozen cooler packs are great, but if you're hiking to a picnic destination, they're heavy to lug there and back. Instead, freeze some of your foods and use the temperature to your advantage — Toronto-based Georgea Kantriviotis freezes red grapes for picnics, while mom Sara Newman uses frozen packs of pink lemonade to chill down her meal.

"When we picnic, we use frozen juice boxes to keep everything cold," says Alison Grodzinski, a Canadian expat now living in Michigan.

GO SNACK SIZED
…when it comes to your side veggies. Grodzinski usually opts for humus with pita, carrot sticks and cucumbers, for example.

USE A THERMOS
To execute some en route cooking. Nicky Middleton, an Ontario-based mom would fill a wide-mouthed thermos with boiled water and pop in some hot dogs for a favourite lunch option. "Extra ketchup packs from drive-thrus come in handy!" she adds.

MAKE LIKE A BOY SCOUT
…and always be prepared with the little extras, says Eleni Tripas, a mother of two boys. "We have a food net to cover the food to keep the bugs away," she says.
— Astrid Van Den Broek

SHUTTERSTOCK

CONTRIBUTED

It's Playland's time of year

New ride — The Beast — is Canada's most extreme pendulum ride

The scent of mini doughnuts is in the air — Playland, Vancouver's favourite amusement park, is now in full swing.

The park has been the highlight of summer for fun-seekers of all ages since it first opened its gates in 1958. Playland's vintage roller coaster, known simply as The Coaster, is a throwback to that era, and is just as scary as it was when its cars first hurtled down the wooden track.

And then there's The Beast. Unveiled this year, it's Canada's most extreme pendulum ride, featuring an arm that swings thrill-seekers 125 feet in the air and reaches speeds of more than 90 kilometres and hour.

Whether you're an adrenaline junkie or a family with young children, Playland has something for you.

At Kids Playce, thrill-seekers-in-training can travel high into the sky in the Balloon Explorers ride, and whiz around in cars, cruzers, trains, giant teacups, colourfully painted merry-go-round horses and more.

"There's something for everyone," says Mike McDaniel, president and CEO of the Pacific National Exhibition (PNE). "It's awesome to see the excitement in kids' faces as they come through the gates."

Playland PlayPasses are currently available online and will give families access to more than 30 rides and attractions.

Freedom to travel along B.C.'s coast

Summer promotion can mean big savings

CONTRIBUTED

Summer is most definitely here and now is the time to make full use of your boat, your dirt bikes, or your camper, in B.C.'s wilderness.

Now the gems of B.C.'s coast are at your fingertips with a summertime deal from BC Ferries. The Size Up the Savings promotion is back this year, offering discounted fares for extra-length passenger vehicles to select destinations.

On select sailings from June 17 through Sept. 13, customers with recreational vehicles longer than 20 feet will pay only $2 per additional foot (regularly $6.35) on the Tsawwassen – Swartz Bay and the Tsawwassen – Duke Point routes.

The promotion enables freedom and travel on B.C.'s incredible coast. It's the perfect way for British Columbians or visitors to experience the province beyond Metro Vancouver and see what the Island has to offer.

"This discount promotion is designed to shift traffic from busier sailings between Metro Vancouver and Vancouver Island and reward customers for travelling at off-peak times," said Janet Carson, BC Ferries' vice president of marketing and travel services.

Tow your trailer to Tofino for a surfing adventure on Long Beach. Or head to your favourite fishing spot. Now's the time to take your boat across to Duke Point on Vancouver Island and cruise, fish and relax.

The promotion applies to many types of private passenger vehicles and recreational vehicles longer than 20 feet, including trailers, RVs, and vehicles with camping, boating or biking gear in tow. It's designed so that vacationers can plan ahead for a stress-free trip, travelling at quieter sailing times, and getting a deal while they're at it.

Travellers are encouraged to reserve ahead of time to ensure a spot.

The offer is valid on Wednesdays and Saturdays, for sailings starting at 4 p.m., and Sundays for any sailings before 9 a.m. on the Tsawwassen/Swartz Bay and Tsawwassen/Duke Point routes.

The Swartz Bay route runs up to 32 sailings a day and the Duke Point route has up to 16 per day.

And the savings can be significant. The promotion allows travellers to save $4.35 per extra foot. For a 30-foot vehicle, the savings amount to more than $40. For more details about the Size up the Savings promotion as well as BC Ferries Vacations packages, visit bcferries.com. The offer is valid until Sept. 13.

Pay for this.

Get all this.

SIZE UP THE SAVINGS

> $2/additional ft. on extra length passenger vehicles (reg $6.35)

> 2 routes only:
- Metro Vancouver (Tsawwassen) - Victoria (Swartz Bay)
- Metro Vancouver (Tsawwassen) - Nanaimo (Duke Point)

Go ahead and load up the RV, boat and bikes. Now you can **save over 66%** per additional foot on extra length passenger vehicles.

JUNE 17 – SEPT 13
WEDNESDAY & SATURDAY EVENINGS (sailings starting at 4:00 pm)
SUNDAY MORNINGS (sailings prior to 9:00 am)

Reservations are strongly recommended.
Reserve now at bcferries.com
or call 1-888-BC FERRY

BCFerries

Size Up The Savings promotion is applicable for private passenger vehicles only. Offer valid June 17 – September 13, 2015, Wednesdays and Saturdays on sailings starting at 4pm and Sunday sailings prior to 9:00 am on the following routes: Metro Vancouver (Tsawwassen)-Victoria (Swartz Bay); Metro Vancouver (Tsawwassen)-Nanaimo (Duke Point), in either direction. Extra length rate over 20 feet will be $2.00 per foot (reg. $6.35 per foot) for select sailings as specified. Not applicable for bus or commercial travel. Limited time offer. Other conditions may apply. BC Reg. 48839.

metro SPORTS
Your essential daily news

Briton Chris Froome, of Team SKY, kept the yellow jersey after Stage 9 of the Tour de France

Wasteful Whitecaps fall at home to Sporting KC

MLS

Defender Ellis strikes to stun Vancouver in home defeat

Cam Tucker
Metro | Vancouver

The Vancouver Whitecaps finally returned to BC Place Stadium, but visiting Sporting Kansas City spoiled the homecoming.

Forced to vacate from their confines at BC Place for the FIFA Women's World Cup, the Whitecaps got off to an electric start in front of their boisterous fans in their first home match since the end of May.

However, missed opportunities and a bad start to the second half of Sunday's Major League Soccer regular season contest resulted in a loss for Vancouver, as Sporting Kansas City came away with a 1-0 victory and three crucial points in the Western Conference standings following a chippy affair.

"It hurts. It's one of them, you create a number of chances and don't score and sometimes it comes back to bite you on the bum," said head coach Carl Robinson.

Defender Kevin Ellis broke a scoreless deadlock early in the second half to give Kansas City the lead.

His teammate and forward Krisztian Nemeth played a perfect ball into the box for Ellis, who somehow got in between Vancouver's central defending duo of Kendall Waston and Tim Parker, and headed the ball by goalkeeper David Ousted.

The goal came seven minutes into the second half, stunning the crowd.

The Whitecaps, who entered the match without Pedro Morales for a fourth straight game due to a calf strain, had chance after chance to take the lead in the opening half, but their inability to finish was their undoing.

Buzzing early, the Whitecaps had three distinct scoring chances in the first 10 minutes. Octavio Rivero sailed a shot over the net and had his header in the box cleared away from danger by goalkeeper Tim Melia.

Parker's header off a corner appeared to be destined for the goal, but Kansas City midfielder Benny Feilhaber was there to clear the ball off the goal line, denying the Whitecaps rookie defender his first MLS goal.

"Game's about taking your chances," said Robinson.

"I'm concerned we lost. But I'm not concerned because we're creating chances. And we need to take them. We need to be better at that. Can't keep playing well in games and not taking chances."

Sporting Kansas City's goalscorer Kevin Ellis, left, ties up Vancouver Whitecaps' Octavio Rivero, of Uruguay, during the second half on Sunday. THE CANADIAN PRESS/DARRYL DYCK

SUNDAY at BC Place

1	0
KANSAS	W'CAPS

MORE MLS

Giovinco nets 9-minute hat-trick in 4-4 draw

Toronto FC's Sebastian Giovinco scored three times in nine minutes, but Patrick Mullins' goal in the 84th minute gave New York City FC a 4-4 draw on Sunday.

The match included a league-record four penalty kicks. Mullins' tying goal came after Toronto FC cleared a free kick across its own net. Toronto had grabbed a 4-3 lead in the 82nd minute when Giovinco stole the ball, dribbled downfield and cut a pass back to Marky Delgado, who finished in front of the net. THE ASSOCIATED PRESS

CFL

Leone clutch for Leos

When asked to discuss the 56-yard game-tying, franchise-record setting field goal from rookie kicker Richie Leone, quarterback Travis Lulay took a swing with a golf analogy.

"I told him I was going to try to get him in range to hit a seven iron. It was more like a four iron," said Lulay following Friday's 35-32 comeback overtime win for the B.C. Lions over the Saskatchewan Roughriders at BC Place Stadium in Week Three of the CFL season.

With 15 seconds remaining in the fourth quarter, the Lions needing three points to tie and extend the game to overtime, and former Lion kicker Paul McCallum, released during training camp, looking on from the Saskatchewan sideline, Leone delivered.

The Lions came away with the necessary three points and eventually won the game on Emmanuel Arceneaux's four-yard touchdown catch in OT.

It's one game, and there could be growing pains for Leone to endure this season — he missed a convert from the 32-yard line following Rolly Lumbala's fourth-quarter touchdown — but Friday's win provided immediate dividends for an organization that opted to build from youth and inexperience at the kicker position rather than continue with the aging but still sure right boot McCallum possesses.

"I've never hit one like that," said Leone. CAM TUCKER/METRO

SOCCER

Man City offers up Sterling paycheque

Manchester City is close to making Raheem Sterling the most expensive English soccer player.

A person familiar with the situation said Sunday that Liverpool has reached an agreement with City over the transfer of the England winger for 49 million pounds ($76 million).

The person spoke to The Associated Press on condition of anonymity because he was not authorized to discuss details of a deal that is yet to be completed.

Raheem Sterling DAVE THOMPSON/GETTY IMAGES

Sterling, who has a contract with Liverpool until 2017, said in an unsanctioned interview with the BBC during last season he had rejected a new deal worth 100,000 pounds a week ($155,000). THE ASSOCIATED PRESS

IN BRIEF

Fowler edges Kuchar by one shot at Scottish Open

Rickie Fowler birdied three of his last four holes to overhaul fellow American Matt Kuchar and win the Scottish Open by one shot on Sunday for his second victory of the year.

Kuchar was on the practice range, preparing for a playoff, when Fowler sent his approach on No. 18 to within 18 inches. He tapped in the putt for a two-under 68 — the same score as Kuchar — and an overall 12-under 268.

It is the fourth title of Fowler's professional career, coming two months after winning The Players Championship, and the second outside the United States after the Korea Open in 2011. And his links game looks in good shape ahead of next week's British Open at St. Andrews.

Raphael Jacquelin of France birdied the last hole for 70 to tie for second place with Kuchar, and claim one of three British Open places on offer. THE ASSOCIATED PRESS

UFC

McGregor takes title to back up trash talk

Conor McGregor won the UFC interim featherweight title in dramatic fashion at UFC 189 on Saturday night, stopping Chad Mendes with three seconds left in the second round after a vicious series of strikes.

McGregor (18-2) spent much of the first two rounds on his back, but the Irish sensation finished the fight with a lightning-quick combination. After a huge left hand put Mendes down, McGregor pounded away for the stoppage and then jumped onto the cage in celebration.

He later sunk to his knees in tears while thousands of Irish fans at the MGM Grand Garden Arena serenaded him.

Mendes (17-3), who stepped in for injured featherweight champion Jose Aldo just 2 1/2 weeks ago, embraced McGregor in sportsmanship after a promotion dominated by high-level trash talk. THE ASSOCIATED PRESS

Cyclists, sharpshooter earn Canadians three more gold

PAN AM GAMES

Batty and Gagne win on bikes, Kiejko with air pistol

Canada has added three more gold to its collection at the Pan Am Games on Sunday.

Emily Batty, of Brooklin, Ont., and Catharine Pendrel of Harvey Station, N.B., finished one-two in the women's mountain biking competition, while Raphael Gagne of Quebec City won the men's race.

Canada's third gold came in shooting, with Calgary's Lynda Kiejko winning the women's 10-metre air pistol. In the women's mountain bike, Batty finished the race in one hour 27 minutes 13 seconds — seven seconds faster than Pendrel.

"It's really just pushing each other," Batty said. "It doesn't matter who's first on the day as long as it's a Canadian. So we got gold and silver, which was amazing."

Pendrel, who won gold in the event at the 2007 Rio Games, is known for setting a strong early pace and hoping others can't match it. Batty showed she was up for the challenge.

> **It doesn't matter who's first on the day as long as it's a Canadian.**
> Mountain biker Emily Batty

Emily Batty in the final of the women's event at the Toronto 2015 Pan Am Games on Sunday, Batty won gold and teammate Catharine Pendrel won silver. FRED THORNHILL/THE CANADIAN PRESS

Raphael Gagne holds a Canadian flag after crossing finish line to win gold in the men's mountain bike event at the 2015 Pan Am Games FRED THORNHILL/THE CANADIAN PRESS

"Emily and I are really motivated by each other," Pendrel said. "We don't just want to be the best at this race, we want to be the best in the world. You can be the best in the world by pushing the most that you can out of your riding and I think we did that today."

Gagne finished the men's six-lap race in 1:31:14.

"I think I played it very smart," Gagne said. "I paced myself well, I drank well and I ate well and it played into my favour. I've always been able to start strong but sometimes my finishes were not as strong. But definitely today I finished really, really strong so I'm happy with this."

Kiejko scored 195.7 to win the air pistol and finish ahead of Mexico's Alejandra Zavala and Lilian Castro of El Salvador.

It was Kiejko's second Pan Am medal. She captured bronze in the same event in 2003.

"This gold medal is especially sweet for me," said Kiejko, who comes from a family of shooters. "Four years ago, my sister won the gold medal in Guadalajara in the same event. It's pretty awesome."

Canada's equestrian team added a silver medal in team dressage.

The day came with some disappointment as Canada failed to medal in the men's triathlon. It's the first time in Pan Am Games history Canada hasn't won a triathlon medal.

Andrew Yorke, of Caledon, Ont., was the top Canadian finisher in seventh place.

THE CANADIAN PRESS

MLB

Angels soar to top of AL West

SUNDAY in Seattle

10	3
ANGELS	MARINERS

Chris Iannetta hit a two-run home run and David Freese added a two-run double as part of a six-run sixth inning, and the Los Angeles Angels entered the All-Star break in first place in the American League West after a 10-3 win over the Seattle Mariners on Sunday.

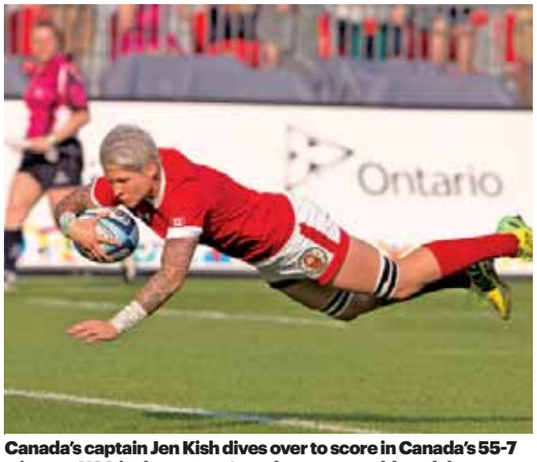
The Angels won for the 11th time in 14 games and leaped past Houston into the AL West lead for the first time since April 17 after the Astros lost their sixth straight on Sunday. The Angels took advantage of three errors by Seattle and knocked around starter Taijuan Walker (7-7) for his worst outing in two months.

Seattle goes into the All-Star break seven games under .500 and having alternated wins and losses in its past 12 games. The defensive miscues were combined with another day where the Mariners lacked situational hitting with runners in scoring position.

Seattle had runners at second and third in the second inning but Heaney struck out Logan Morrison and Mike Zunino to end the threat. In the fifth, Brad Miller and Austin Jackson put together consecutive two out hits but Cano struck out swinging wildly at a 3-2 slider out of the strike zone.

Seattle scored twice in the eighth on RBIs from Dustin Ackley and Kyle Seager, and Seth Smith hit a pinch-hit solo homer leading off the ninth..

THE ASSOCIATED PRESS



Canada's captain Jen Kish dives over to score in Canada's 55-7 win over USA in the women's rugby sevens gold medal game at the 2015 Pan Am games CHRIS YOUNG/THE CANADIAN PRESS

PAN AM RUGBY SEVENS

Canadian women win gold in landslide over United States

Canada has won gold in the inaugural women's rugby sevens competition at the Pan American Games. The Canadian women defeated the U.S. 55-7 at Exhibition Stadium, normally known as BMO Field, to go unbeaten in six games at the Pan Am competition.

"There's definitely more great days for this team," said Canadian captain Jen Kish. "Every time we put on the Canadian jersey, we want to give the best performance that we can. We're always cup-hunting. We always want to be the best that we can be so you can expect many more trophies from us building towards Rio."

Canada had defeated the U.S. 34-12 in a meaningless pool match prior to the championship game that saw both teams rest some of their big guns.

The U.S. points were the first scored against Canada at the tournament in 67 minutes play.

The Canadian women outscored their opposition 230-12 going into the final, running in 38 tries while conceding two.

Canada was the top-ranked team in the six-team women's Pan Am competition, having finishing second in the Women's Seven Series last season.

The Americans were fifth on the circuit and Brazil eighth. Brazil beat Argentina 29-0 for the bronze.

THE CANADIAN PRESS

IN BRIEF

Canuck diver tops podium

Canadian divers continued their dominant run at the Pan American Games on Sunday as Jennifel Abel won gold and Pamela Ware took silver in the women's three-metre springboard.

Abel, from Laval, Que., took the lead after her second dive and cemented it with an incredible third dive that scored 86.70.

She finished with a total score of 384.70 — 58.70 points ahead of Ware.

THE CANADIAN PRESS

Djokovic remains atop men's tennis mountain

TENNIS

Federer denied record eighth Wimbledon championship

Novak Djokovic got the better of Roger Federer at Wimbledon again. The defending champion outplayed Federer in four sets Sunday to win his third Wimbledon title and ninth Grand Slam championship, cementing his status as the dominant player in the game.

In a repeat of last year's final, won by Djokovic in five sets, the top-ranked Serb overcame the loss of seven set points in the second set and pulled away to beat the seven-time champion 7-6 (1), 6-7 (10), 6-4, 6-3.

The top-seeded Djokovic broke No. 2 Federer four times and saved six of the seven break points he faced. Still in his prime at the age of 28, Djokovic further enhanced his reputation as one of the greats of the game.

In winning the 40th career matchup between the two, Djokovic prevented Federer from winning a record eighth Wimbledon title.

"I was aware coming on the court that Roger was going to play like he always plays — at his best, when it matters the most," Djokovic said. "He makes you push your limits, he makes you work hard and earn every single point. He's not going to hand you the match."

Djokovic closed out the match by breaking Federer for the second time in the fourth set, hitting an inside-out forehand winner into the open court on the final point. He pumped his arms and screamed, then bent down, plucked some grass from Centre Court and put it his mouth — just as he did when he won his first title in 2011 and again last year.

"It tasted very, very good this year," Djokovic said. "As a kid, I was really dreaming of winning Wimbledon, and as every child, you dream to do something crazy when you actually achieve it, if you achieve it, and that was one of the things."

Djokovic equaled the number of Wimbledon titles won by his coach Boris Becker, who won at the All England Club in 1985, '86 and '89. "We managed to find the right chemistry and he has contributed a lot," Djokovic said. "This is his trophy equally as mine." Djokovic also became the first man to retain the Wimbledon title since Federer did it in 2007.

"He was tough on the bigger points," Federer said. "Then at the end, he was rock-solid. I thought he played great. I didn't play bad myself. ... That's how it goes." Sunday's victory evened their career head-to-head record at 20-20, but Djokovic now holds a narrow edge where it counts the most — 2-1 in Grand Slam finals, 2-1 at Wimbledon and 7-6 in majors overall. The 33-year-old Federer will now have to wait another year to try again to become the first man to win eight Wimbledon singles titles. In 2012, he equaled Pete Sampras and 1880s player William Renshaw with seven.

"Novak played not only great today but the whole two weeks, plus the whole year, plus last year, plus the year before that,"

THE ASSOCIATED PRESS

Novak Djokovic of Serbia celebrates with the trophy after winning the Final of the Gentlemen's Singles against Roger Federer of Switzerland on Day 13 of the Wimbledon Lawn Tennis Championships July 12. CLIVE BRUNSKILL/GETTY IMAGES

> **He makes you push your limits, he makes you work hard and earn every single point.**
> Novak Djokovic, on Roger Federer

Serena Williams
JULIAN FINNEY/GETTY IMAGES

WIMBLEDON

Williams again top woman

Serena Williams overcame a slow start, eight double-faults and a nervy finish to beat Garbine Muguruza 6-4, 6-4 on Saturday for her sixth Wimbledon title, fourth Grand Slam championship in a row and 21st major overall.

The win means Williams holds all four Grand Slam titles at once — completing the second "Serena Slam" of her career. What's more, she secured the third leg of a calendar-year Grand Slam and, if she wins the U.S. Open, will become the first player to sweep all four majors in the same season since Steffi Graf in 1988.

Williams, winning her 28th straight Grand Slam match, is now just one major title behind Graf on the Open era list and two behind all-time leader Margaret Court Smith. From 4-2 down in the first set, Williams ran off five straight games to take the set and go up 1-0 in the second. She then pulled out to a 5-1 lead and finished it off from there.

THE ASSOCIATED PRESS

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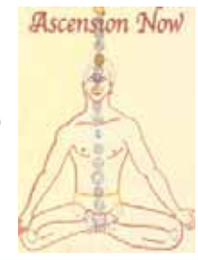

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RECIPE Tex-Mex Salmon over Avocado, Tomato and Black Bean Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
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This Southwestern twist on grilled salmon is a delicious and zesty BBQ option for summer.
Serves 4.

Ready in
Prep time: 10 minutes
Cook time: 10-15 minutes

Ingredients
- 1 1/2 lb salmon filet
- 1 cup grape tomatoes, sliced in half
- 3/4 cup canned black beans, drained and rinsed
- 1/2 cup diced ripe avocado
- 1/2 cup diced yellow bell pepper
- 1/4 cup diced red onion
- 2 Tbsp lemon juice
- 1 Tbsp olive oil
- 2 tsp minced jalapeno peppers
- 1/2 tsp minced garlic
- Salt and pepper
- 3 Tbsp chopped cilantro or parsley

Directions
1. Grill or roast salmon at 425 F for 10 minutes per inch of thickness.

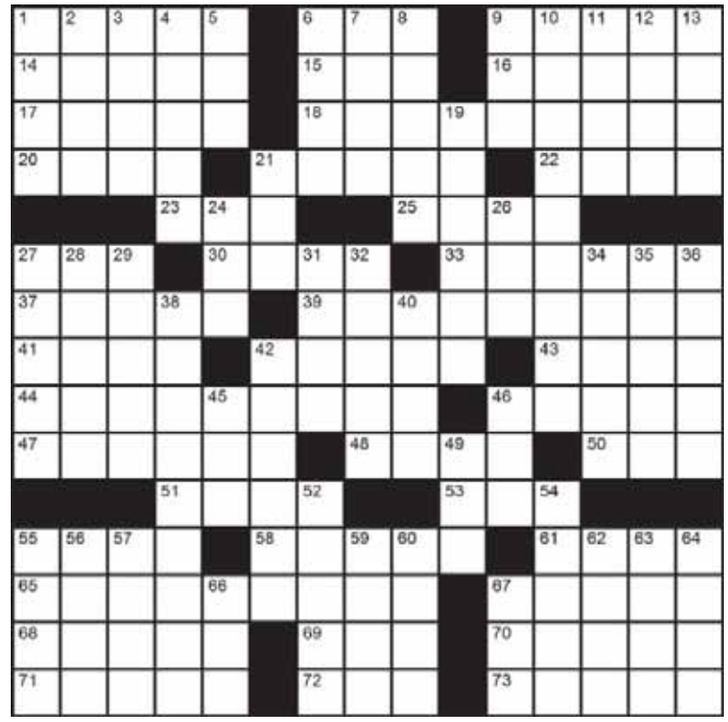
2. Meanwhile, add remaining ingredients to serving bowl. Mix well and place on serving platter with salmon over top.

Nutrition per serving
- Calories 390
- Protein 37 g
- Carbohydrates 19 g
- Fat 17 g
- Saturated fat 2.5 g
- Cholesterol 95 mg
- Sodium 380 mg
- Fibre 4 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. __ Sainte-Marie (Cree singer/songwriter who is an Officer of the Order of Canada)
6. Medical pro
9. Extract metal from ore
14. Droplet-looking throat part
15. Jeff Lynne's gr.
16. Racecar driver Mr. Castroneves
17. Baseball great Mr. Jeter
18. Interac user's access code: 2 wds.
20. Pronounces
21. Tend the fire
22. Brewer's kiln
23. Gardening tool
25. Incision leftover
27. Photo __ (PR events)
30. "__ there, done that."
33. Snugly warm
37. Red Hot __ Peppers
39. Classic uniform hue for the CFL's Bombers: 2 wds.
41. __ Saint-Luc, Quebec
42. The White Cliffs of __ (Coastline attraction in England)
43. Dryer's fluff
44. #1-Across' famous protest song: "__ Soldier"
46. Citi Field baseball player, ___
47. Go back on a deal
48. Oodles
50. Tokyo, formerly
51. Ore deposit
53. __ degree
55. Ice floes animal
58. __ ray gun (Sci-Fi weapon)
61. American singer Ms. King, daughter of SNL alum Rob Schneider
65. Art of making a dead animal still look alive
67. Extraterrestrial exile isle
68. "It's so easy, __ _ can do it!"
69. Max. or min., as per speed
70. New album by #1-Across: 'Power in the __'
71. Shoe heel style
72. Code for Whitehorse's international airport
73. Belonging to Hartford's li'l state

DOWN
1. Pre-leaf forms
2. Iris spot
3. Rage
4. Nudist colony sight
5. Tibetan ox
6. Store section, shortly
7. Mixture
8. __ out (Stops running)
9. Moo __ pork (Takeout dish)
10. Unforgettably
11. Napoleon's
12. Fibs
13. Wrongdoing, in law
19. Fruit juice
21. View
24. Geisha's outfit accessory
26. ISP, e.g.
27. Happen
28. Communications device
29. '60s-style protest
31. Ancient love god
32. Stars that suddenly shine brightly
34. Snail's trail
35. Adjusted the guitar's strings
36. Bryan Adams' "The Best Was __ __ Come"
38. Evening out
40. Shout
42. River excavator
45. Self-pride
46. Tuktoyaktuk locale, briefly
49. Bambi's aunt
52. Ahead of time
54. Common greeting
55. Slow-cooked meal
56. Icicle holder
57. Chopped
59. Gladiator's 2009
60. "Hey Hey, __ __ (Into the Black)" by Neil Young & Crazy Horse
62. Safari roarer
63. Kings of __ (Rock band)
64. Breaks off
66. Board game cube
67. TV network

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A relationship problem must be dealt with this very moment. If you leave it any longer the window of opportunity you have to make things better will close once and for all. Whatever the issue is, find ways to get over it.

Taurus April 21 - May 21
You simply don't care if some of the things you say offend other people — in fact you want it to happen. You will choose your words for maximum impact today.

Gemini May 22 - June 21
Try not to worry about money matters today because there is nothing you can do to change things. Use your imagination to visualize being rich and secure. What you imagine today will be your reality tomorrow.

Cancer June 22 - July 23
Whatever you suggest, people seem determined to do the opposite. You could try to be smart and sell them a bluff. Suggest they do what you actually don't want them to do. It's an obvious trick but it might just work.

Leo July 24 - Aug. 23
Why are you panicking? What could go wrong? With so much cosmic activity in the most sensitive area of your chart you have a tendency to look on the dark side. Lighten up, it's life!

Virgo Aug. 24 - Sept. 23
Why do you believe you have to prove yourself to people you hardly know? You are under no obligation to perform for their delight. If anything it should be the other way around.

Libra Sept. 24 - Oct. 23
Don't try too hard to make a name for yourself over the next few days because the planets warn you could end up with a name you don't like. You don't have to keep a low profile but you do have to play by the rules.

Scorpio Oct. 24 - Nov. 22
Somehow you will know in an instant what the people you deal with are thinking and feeling. That makes it easier for you to predict what they are going to do next, maybe even before they know it themselves.

Sagittarius Nov. 23 - Dec. 21
Your confidence may take a bit of a dip over the next few days. Mind you, your self-belief is usually so high that most people will still think you're incredible.

Capricorn Dec. 22 - Jan. 20
Be on your guard if someone offers you something for nothing today. It could be their generosity is not all it seems and you'll be expected to do something in return. Know the deal before you agree.

Aquarius Jan. 21 - Feb. 19
The harder you work the more work there seems still to do but you will get there in the end. Keep moving along at a steady pace.

Pisces
Feb. 20 - March 20
Throw yourself body and soul into what you are working on and believe that it will all come right in the end. The moment you start worrying is the moment you begin to lose focus and momentum.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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6								1
		9						8
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